



LOS ALTOS COMMUNITY CENTER – SENIOR PROGRAM

An Innovative Model

Five Unmet Needs of Los Altos Seniors

- 1) **Transportation**
- 2) **Aging in Place/Community**
- 3) **Improved Senior Center**
- 4) **Keeping Active—Physically, Mentally and Socially**
- 5) **Emergency Preparedness**

Four Key Senior Program Spaces

- ☐ Pop-Up Clinic (social/medical services)
- ☐ Technology and Communication facilities
- ☐ Adaptive Physical Education facilities
- ☐ Green Banquet and Dining facilities

Pop-Up Clinic

- ❑ Geriatric Care Manager
- ❑ Blood pressure, Vision, Hearing, Vaccinations screenings
- ❑ Diabetes support, Foot Care
- ❑ Resource Library/LinkAges
- ❑ Health Insurance Counseling
- ❑ Tele-health Kiosks

Pop-Up Clinic

- Outreach to Support Aging-in-Place
- Medication management via technology (on line care management)
- *Homemeds* Medication Reconciliation (Carelink)
- Virtual Senior Center and Televisit

Pop-Up Clinic

- Organizing Friendly Visiting and Visiting Companions and Roadrunners
- Conference calls and telephone reassurance
- Senior Center without walls
- Space for Volunteers to meet and greet

Pop-Up Clinic

- Requirements include a small exam room, waiting area and private meeting space for the Geriatric Care Manager.
- This Pop-Up Clinic Center meets Unmet Needs:
Nos. 2, 3, 4, 5 by supporting: Aging in Place; Improved Senior Center; Keeping Active—Physically, Mentally and Socially; and Emergency Preparedness (A fall is an emergency)

Technology and Communication facilities

- High technology devices instruction
- Computer(s) lab use and instruction
- Wi exercise games and instruction

Technology and Communication facilities

Requirements include:

- ❑ Lounge/booth to bring people together for discussions with comfortable seating, open table top surfaces and multiple data/power connections
- ❑ Mobile white boards for teaching/brainstorms

Technology and Communication facilities

- Rows grouping 12 workstations and four independent workstations
- Light filtering shades; lounge chairs; two scanners; two printers; and overhead 46 high-definition LCD monitor

Technology and Communication facilities

- This Technology and Communication Center meets
Unmet Needs: Nos. 2, 3, 4 by supporting: Aging in Place;
Improved Senior Center; Keeping Active—Physically,
Mentally and Socially

Adaptive Physical Education facilities

- Need for a warm water/therapy pool and access to outdoors for variety of lawn games and community garden with raised beds
- Multi-use room for a variety of health promotion/physical education activities

Adaptive Physical Education facilities

Space requirements indoors include room for:

- ☐ Exercise classes and instruction
- ☐ Billiards table, Two table tennis tables
- ☐ Tables for variety of card games
- ☐ AV equipment for ballroom and line dancing classes
- ☐ Temporary use lockers in separate area (JCC model)
- ☐ Golf cart and bicycle parking
- ☐ Outdoor circular walking path

Adaptive Physical Education facilities

Space requirements outdoors for:

- ☐ Lawn Bowling spaces
- ☐ Warm water therapeutic pool
- ☐ Golf cart and bicycle parking
- ☐ Outdoor circular walking path
- ☐ Recharging stations for electric cars

Adaptive Physical Education facilities

- This Adaptive and Physical Education Center meets the Unmet Needs of Nos. 2, 3, 4, 5 by supporting: Aging in Place/Community; Improving the Senior Center, Keeping Active—Physically, Mentally and Socially; and Emergency Preparedness (Health promotion and fall prevention prevents emergencies)

Green Banquet and Dining facilities

- ☐ Hot/cold meal preparation area and kitchen
- ☐ Access to Orchard Center gardens
- ☐ Designated space for Triangle Café and Pub (This can be a public/private partnership)

Green Banquet and Dining facilities

- ❑ Gathering place for bus day trips and traffic circle for bus parking and embarking/disembarking
- ❑ Equipment/supplies and access for home-delivered meals to home-bound seniors

Green Banquet and Dining facilities

Requirements include:

- ☐ Industrial kitchen for congregate meal preparation, box lunches and cooking instruction
- ☐ Multi-use room for dining (movable tables/chairs)
- ☐ Designated area for Triangle Café and Pub
- ☐ Stand-up vegetable and herbs garden
- ☐ Access to storage for art and hobby supplies AV for language classes

Green Banquet and Dining facilities

- This Green Banquet and Dining Center meets the Unmet Needs of Nos. 2, 3, 4 by supporting: Aging in Place/Community; Improving the Senior Center; Keeping Active—Physically, Mentally and Socially
- We recommend a contest to name the dining area, pub and café.

Resources

- <http://www.city-data.com/city/Los-Altos-California.html>
- Innovations & Achievement Awards CST 2013
- http://www.n4a.org/pdf/N4A_aging_Invo.13_Final.pdf
- U NH Special report
- Aging in the Shadows; Social Isolation Among Aging Seniors in New York City
- United Neighborhood Houses of NY
- Spring 2005
- NCOA — National Council on Aging, “Senior Centers Reach the Hard-to-Reach:
- <http://www.ncoa.org/national-institute-of-senior-centers>, March 11, 2013
- Nassau County, NY Reassurance Telephone Program for Seniors
www.nassaucountyny.gov/agencies/seniors/Docs/.../CM-InHome8-11.pdf
- Senior Center Without Walls, Oakland, CA
- www.seniorcenterwithoutwalls.org/

Resources cont.

- **RX for Health — Invest in America's Senior Centers to Promote Health & Prevention**
- **Jams Firman, Ed.D & Richard Birkel, PhD., National Council on Aging**
- **ICAA Research Review, Vol. 13, Issue 40, Purdue University newsroom release, (10/24, 2013)**
"Volunteering and Productive Activities are good for Health."
- **NCOA website: "Elder Services of the Merrimack Valley, Inc. — Choices for a life long journey. — Achieving Success through Innovative Partnerships."**
- **Sunnyvale Senior Center - website**
- **Redwood City Veteran's Senior Center Adaptive PE Center — website**